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HOW TO REDUCE YOUR WEIGHT

A SIMPLE, SAFE, RELIABLE WAY

People who are over-burdened with superfluous fat, know only too well the discomfort and ridicule that over-stout people have to bear.

If you are carrying around five or ten pounds of unhealthy fat you are unnecessarily weakening your vital organs and are carrying a burden which destroys the beauty of your figure.

There is no need of anyone suffering from superfluous fat. If you want to reduce your weight in a simple, safe and reliable way, without starvation diet or tiresome exercise, here is a test worth trying. Spend as much time as you can in the open air, breathe deeply and get from the City Drug Store or any good druggist a box of oil of korein capsules; take one after each meal and one before retiring at night.

Weigh yourself once a week so as to know just how fast you are losing weight, and don't leave off the treatment or even skip a single dose until you are down to normal.

Oil of korein is absolutely harmless, is pleasant to take, and helps digestion. Even a few days' treatment has been reported to show a noticeable reduction in weight, foot-steps become lighter, your work seems easier and a lighter and more buoyant feeling takes possession of your whole being.

Every person who suffers from superfluous fat should give this treatment a trial.

Ardmore Ice, Light & Power Company

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LIVERY CARS

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Leave it to us, we will call for you and take you to the train.

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MORE OSCO and BETTER OSCO

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Not the Biggest But the Best

WEIGHT? YES
WAIT? NO!

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The New and Second-Hand Home Outfitter.
From Kitchen to Parlor.

We pay cash or trade for second-hand goods. We pack, crate, ship or store your goods in a brick house.

See us in the Big Green Box House.

No Rents to Pay and Can Sell Cheapest.

Ardmore

Okla.

REAL ESTATE TRANSFERS

(By Chickasaw Abstract Co., Bonded Abstracters)

C. & C. Nations to Robison Willis, Mississippi Choctaw Homestead Patent. Part sections 17 and 18 5s2e.

C. & C. Nations to Minnie Norris, Homestead Patent. Part section 35 5s2w (out of county); part section 1 4s2e.

C. & C. Nations to Minnie Norris, Allotment Patent. Part section 1 4s2e.

J. E. Williams and Bess H. Williams, to J. H. Poulter, Mrs. H. P. Nichols and Maud A. Chivers, Warranty Deed. Part lot 2 in block 430, Ardmore.

J. E. Williams and Bess H. Williams to Maud A. Chivers, Warranty Deed. Part lot 2 block 430, Ardmore.

State National Bank to Hattie May Curtis, Quit Claim Deed. Part section 18 5s2e.

J. H. Poulter and M. A. Poulter, his wife, to Howard S. Cox, Warranty Deed. Part lots 1 and 2 in block 430.

Maud A. Chivers and E. E. Chivers, her husband, to J. H. Poulter, Warranty Deed. Part lots 1 and 2 in block 430.

R. F. Fryer and Nellie, his wife, to F. M. Dougherty, Warranty Deed. Part section 17 4s2w.

William Hicks, joined by his wife, Eliza Hicks, nee Hayes to R. Mettry and A. N. Adwon and H. L. Diab, Warranty Deed. Part section 14 5s3w.

When you yawn a good deal in the daytime, feel dull, aches and want to stretch frequently it is an unmistakable symptom of malaria, and unless you do something at once you are booked for a spell of chills. HERBINE is a chill medicine that will prevent or cure the disease. It drives out the impurities on which the malarial germ thrives, strengthens the liver and cleanses the bowels. Price 50c. Sold by Ringer Drug Co.

MANY STATES READY FOR FEDERAL AID FOR ROADS

Conservatively estimated, \$1,500,000,000 will be expended by the federal government, the state governments, the counties and townships in the next five years on road construction and maintenance, or an average of \$250,000,000 yearly, according to the American Automobile association. It is around the \$150,000,000 jointly supplied by the national government and the several states, half and half, that the greatest public attention will center.

California was the first state to apply for its apportionment of the money. California is expending \$18,000,000 on two main highways extending from the Oregon to the Mexican line. An application for federal aid in the improvement of any road must

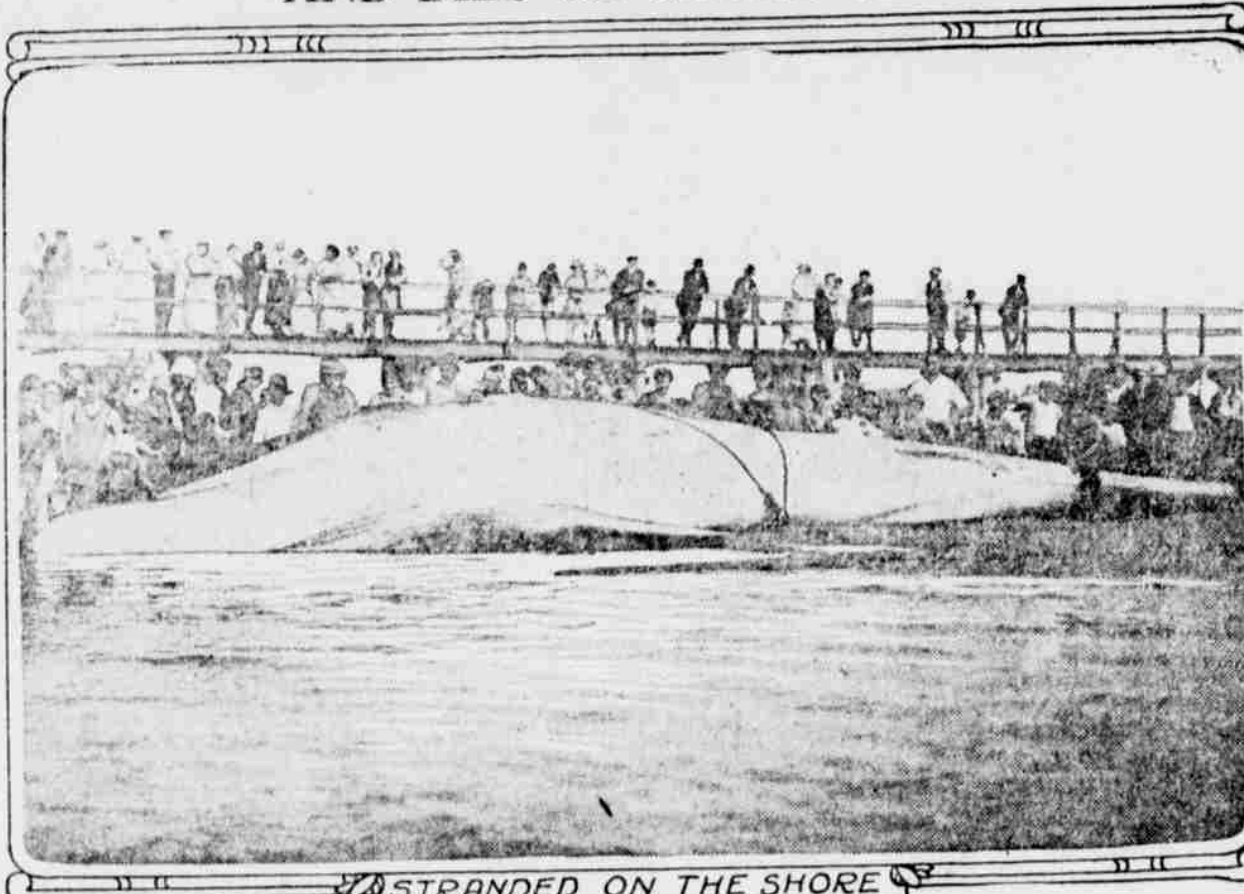
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Baths for Private Parties

PHONE 587

UNDERTAKER and EMBALMER
C. BOONE TALIAFERRO

CHASED BY SHARKS, WHALE STRANDS AND DIES ON SHORE OF LONG ISLAND



STRANDED ON THE SHORE

Bathers, bungalow dwellers and boatmen who were on the beach at Rockaway inlet on the southern shore of Long Island were startled by the appearance of what they thought was a wandering island dashing toward the shore. The speed with which it traveled caused a miniature tidal wave, which drove the bathers back breathless on the beach. Local fishermen discovered that the visitor was a sulphur bottom whale about forty-five feet long, nine feet beam and ten feet deep amidships. It had grounded in five feet of water. The huge mammal, according to the fishermen, had been chased into the inlet by two blue sharks fifteen feet long and in its excitement had been caught in a sloughway between a sandbar and the shore. The captive blew up huge spouts and lashed the water into a frenzy with its tail. When the report had spread that a genuine sulphur bottom whale had been stranded on the beach fishermen got out their harpoons, while other sportsmen brought all manner of weapons to the scene. Thus surrounded the whale struggled to get free for several hours, and then died without a sigh. Crowds gathered around the carcass and cut off pieces of skin, flesh and blubber as souvenirs.

be made by the highway department of the state. Consequently, if anybody in the state desires to have a road improved with the aid of federal funds it is necessary that the matter be taken up with the state highway department and not with the federal government, which will have the final say through the secretary of agriculture.

One provision of the federal road law is that a state must have a duly constituted highway department through which to deal with the national government. This means that Texas, Indiana, Georgia and South Carolina must follow the lead of the forty-four other states and do so within the next four years, and meanwhile their apportionment of the federal money is being held up.—Dallas News.

CLEAR SKIN COMES FROM WITHIN

It is foolish to think you can gain a good clear complexion by the use of face powder. Get at the root of the trouble and thoroughly cleanse the system with a treatment of Dr. King's New Life Pills. Gentle and mild in action, do not gripe, yet they relieve the liver by their action on the bowels. Good for young, adults and aged. Go after a clear complexion today. 25c at your druggist.

MONDAY IN CONGRESS

Senate.

Met at 10 a. m.
Senator Overman attacked constitutionality of child labor bill. Conference resumed consideration of naval bill differences.

Finance committee democrats considered appropriation bills.
Conferees reported agreement on army bill.

Conferees reached agreement on all sections of naval bill except the building and personnel, on which disagreement will be reported.

Finance committee democrats agreed on schedule for inheritance taxes.

Recessed at 6:05 p. m. until 10 a. m. Tuesday.

House.

Conferees reported agreement on army bill.

Adjourned at 5:25 p. m. until noon Tuesday.

Cure for Cholera Morbus.

"When our little boy, now seven years old, was a baby he was cured of cholera morbus by Chamberlain's Colic, Cholera and Diarrhoea Remedy," writes Mrs. Sidney Simmons, Fair Haven, N. Y. "Since then other members of my family have used this valuable medicine for colic and bowel troubles with good satisfaction and I gladly endorse it as a remedy of exceptional merit." Obtainable everywhere.

FEDERAL TRADE COMMISSION.

Wants All Possible Information Bearing on Paper Supplies.

Chairman Hurley of the Federal Trade Commission, Washington, D. C., urges all newspaper men to file answers to schedules of questions.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of

J. C. H. H. H. H.

bearing on paper supplies, prices and trade troubles, and file either with the undersigned, or the trade commission by Aug. 15 (fifteenth) and positively not later than Aug. 21 (twenty-first). If publishers can't answer all questions, answer what they can. Chairman Hurley pledges secrecy for all information thus obtained.

Forward answers of correspondents to Judge Hurley at Washington, or J. H. Zerby, chairman of the white paper committee of the National Editorial Association at Pottsville, Pennsylvania.

Reward of the Worker.

It doesn't take much of a man to get his living by his wits. But to step right out and do good, honest, hard work, that is the test of what is in a man.

And say, when you begin to gather in the crops of the year, to fill the bins in the granary and pile up the corn in the crib, are you not glad from the bottom of your heart that you were born with something better than a silver spoon in your mouth? The will to work and do things beats a silver spoon all hollow. When a man can look the world squarely in the face and say, "All I ask of you is a chance to work!" he is in the direct

PROFESSOR HARNACK TALKS ON PEACE



PROF. ADOLF HARNACK

Professor Adolf Harnack, the eminent German theologian, whose works are known throughout the world, is one of the most conspicuous of the men now lecturing to Germans on peace, with the sanction of the German government. These men began their endeavors in the large cities of the empire on August 1. They desire to prepare the minds of the compatriots for consideration of the war's end and the objects to be obtained by Germany's gigantic struggles.

Professor Harnack is a professor of theology and general director of the royal library in Berlin. Of his numerous books, "What is Christianity?" is probably best known to English speaking readers. In the address in Berlin he warned his hearers not to expect or demand too much from the results of the war, as Germany must remember the lot of her confederates as well as her own successes. He appealed for confidence in the administration of Chancellor Von Bethmann-Hollweg, which he said had done its utmost to avert the war. His attitude toward certain neutral history would some day justify, Professor Harnack said.

line for promotion. Going to get it, too.

There isn't much room in this world for the man that is all the time trying to work somebody else, but lots of it for the one who is ready and willing to work himself.—E. L. Vincent in Farm Life.

If you sit in a cool draft when you are heated and get a stiff neck or lame back, you will be looking for something that will ease the pain. Fix your mind on BALLARD'S SNOW LINIMENT and don't be talked out of it because it is the best pain relieving liniment you can get anywhere. Price 25c, 50c and \$1.00 per bottle. Sold by Ringer Drug Co.

Tulsa Adopts Segregation Plan.

Tulsa, Okla., Aug. 7.—Without opposition and after but slight discussion the city commission of Tulsa passed an ordinance providing for the segregation of races such as in operation in St. Louis, Louisville and other cities with large negro populations. The ordinance is designed to put an end to the practice of renting servant quarters in the white district to negroes, but does not prevent negroes who are employed at least five days in the week residing there.

Negroes Against Ordinance.

Tulsa, Okla., Aug. 7.—Several hundred local negroes will appear before the mayor and commissioners Tuesday in an effort to persuade the city officials not to make effective the recent segregation ordinance passed by the commissioners. A mass meeting of negroes yesterday adopted resolutions setting forth that nearly all negroes in Tulsa had voluntarily segregated themselves, and that the ordinance cast unnecessary aspersions upon the negro race.

BAD TO HAVE A COLD HANG ON

Don't let your cold hang on, raze your system and become chronic when Dr. Bell's Pine Tar-Honey will help you. It heals the inflammation, soothes the cough and loosens the phlegm. You breathe easier at once. Dr. Bell's Pine Tar-Honey is a laxative Tar Syrup, the pine tar balsam heals the raw spots, loosens the mucous and prevents irritation of the bronchial tubes. Just get a bottle of Dr. Bell's Pine Tar-Honey today, it's guaranteed to help you. At druggists.

CIGARETS IN GREAT DEMAND.

Consumption Increased More Than 2,000,000 Over Last Year.

New York, Aug. 7.—Americans are smoking more and more cigarettes. In the first five months of this year, according to statistics issued here last week, American manufacturers marketed 8,750,000 cigarettes, compared with 6,335,000 in the same period last year.

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts through the Blood on the Mucous Surfaces of the System. One Hundred Dollars' reward is offered for any case that Hall's Catarrh Cure fails to cure. Send for circulars and testimonials.

F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c. Hall's Family Pills for constipation.

SOME FAMOUS CANVASSES AT STATE FAIR OF TEXAS



Alex Sanger

One of the most interesting features of the great State Fair of Texas, and from an educational viewpoint, one of the most valuable, is the Art Loan Collection annually exhibited in the Fine Arts Building.

Alex Sanger, director in charge of the Fair's Fine Arts and Textile Department, states that the Art Loan Collection to be shown this year, will include a great number of very famous canvasses, representing the work of a majority of the best contemporary American artists.

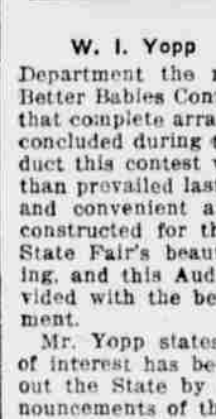
The celebrated Texas artist, Julian Onderdonk, who is acting as the Fair's Special Art Representative, has just returned from the East, where he visited many of the most famous studios and completed arrangements for the various specimens to be shown in the Art Loan Collection this fall.

Mr. Onderdonk is very emphatic in the assertion that the collection secured this year is of the very highest class, and one that will be thoroughly appreciated by Southwestern lovers of art.

Mr. Sanger makes the further announcement that entries in the Textile Department, in which are shown all phases of woman's work, are coming in in unprecedented numbers, and that there is every reason to believe that the exhibits in this department this fall will be much larger than formerly.

What is true of the Textiles, is equally true of all other departments and divisions of the Fair, and there seems to be no reason to doubt that the 1916 exposition will be much the largest ever held in Texas.

MANY EDUCATIONAL EXHIBITS AT TEXAS STATE FAIR



W. I. Yopp

A feature of the State Fair of Texas, which possesses great educational value, and one which, last year, was of intense interest to thousands of Fair visitors, is the Better Babies Contest designed for the purpose of creating a higher standard of health for Texas babies.

W. I. Yopp, director in charge of the State Fair's Department of Colleges and Schools, in which Department the management of the Better Babies Contest is vested, states that complete arrangements have been concluded during the past year to conduct this contest with better facilities than prevailed last year. A handsome and convenient auditorium has been constructed for the purpose in the State Fair's beautiful Hospital building, and this Auditorium will be provided with the best of modern equipment.

Mr. Yopp states that a great deal of interest has been aroused throughout the State by the preliminary announcements of this contest, and that present indications point to a very large number of entries.

It is also announced that a majority of the State's larger educational institutions are preparing large exhibits. The University of Texas, State Agricultural and Mechanical College, Prairie View Normal, College of Industrial Arts, Southwestern University and others have already made application for space, and it is expected that several others will be in line by September 1. Mr. Yopp predicts an unusually big year in the educational division.

COMMERCIAL EXHIBITS AT STATE FAIR OF INTEREST



Louis Lipsitz

Louis Lipsitz, director in charge of the State Fair of Texas' Department of Commercial Exhibits, states that the space allotted to his division is being rapidly taken up, and that all indications point to the largest most interesting and most valuable displays in this section that have ever been shown at the State Fair. The commercial interests of the State, awake to the tremendous advantage of exhibiting before the hundreds of thousands of Fair visitors, are sending in their requests for space this year unusually early, and Mr. Lipsitz states that the displays made this year will be of the most ambitious nature.

Many of the large retail stores of Texas will conduct individual fashion displays at the Fair, and some of the most artistic creations of the year are expected to be shown. In the commercial exhibits division there will likewise be shown big and interesting displays of modern furniture, stores pianos and all the other conveniences, comforts and luxuries of our present day civilization.

Those desiring to exhibit in this division are requested to announce their entries at an early date, as the available space is limited, and the Fair management desires to know, in advance, just what arrangements will be necessary to provide suitably for all exhibitors. Inquiries should be addressed to Mr. W. H. Stratton, Secretary, State Fair of Texas, Dallas, Texas.